

## Interest Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Please check which package you are interested in.

\_\_\_\_\_ **Single Session**

\_\_\_\_\_ **6 Sessions**

\_\_\_\_\_ **20 Sessions**

\_\_\_\_\_ **6 Sessions w/Nutrition**

\_\_\_\_\_ **20 Sessions w/Nutrition**

\_\_\_\_\_ **Nutritional Analysis**

\_\_\_\_\_ **8 Group Sessions \***

\_\_\_\_\_ **24 Group Sessions \***

Please check what time of day you would like to train.

\_\_\_\_\_ **Morning**

\_\_\_\_\_ **Afternoon**

\_\_\_\_\_ **Evening**

Coordinators Signature ; \_\_\_\_\_

## Cancellation Policy:

Personal Training sessions must be cancelled 24 hours in advance in order to reschedule a session. Any sessions scheduled and missed or cancelled without 24 hour notice will be lost subject to the Personal Training Coordinators discretion.

## Attire:

It is strongly suggested that you wear comfortable, appropriate workout clothing during your personal training session. Proper athletic shoes are required.

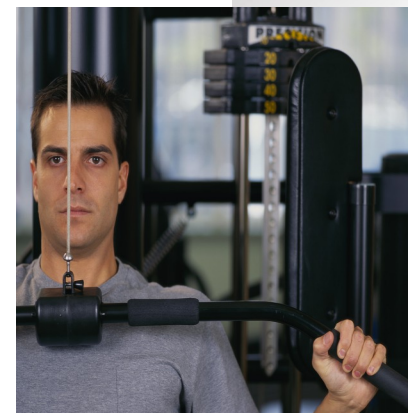


## City of Hampton

Department of Parks & Recreation  
Wellness & Fitness Division  
Elizabeth Linthicum, CPT, RYT, CGFI  
Program Coordinator

Phone: 757-896-4687  
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[www.hampton.gov](http://www.hampton.gov)

## Personal Training



# Packages and Fees

## Personal Training

Personal Trainers with the City of Hampton, Parks & Recreation Department are fully certified and insured through nationally certified organizations. We come to you with over 70 years of knowledge and experience and will help make your fitness goals a reality! We will:

- Administer a fitness test to show and set a baseline to assess your fitness level
- Create a program to meet your goals
- Take you through your workout session step by step
- Answer your questions

### Single Session: \$30-90mins.

Will include goal setting, introduction to the proper use of equipment and a guided workout with a Certified Personal Trainer.

### 6 Sessions: \$140-1 hour

Will include goal setting, introduction to the proper use of equipment and guided workouts with a Certified Personal Trainer, checking progress with workouts.

### 20 Sessions: \$440-1 hour

Will include goal setting, introduction to the proper use of equipment and a guided workout with a Certified Personal Trainer, checking progress after 4 workouts and adjusting the workouts to meet those needs.

### Group Training: \* ask about pricing for groups

### 8 Sessions: 1 hour

Will include goal setting, introduction to the proper use of equipment and a guided workout with a Certified Personal Trainer. The sessions will include individualized cardio, strength and flexibility.

### 24 Sessions: 1 hour

Will include goal setting, introduction to the proper use of equipment and a guided workout with a Certified Personal Trainer. The sessions will include individualized cardio, strength and flexibility. On-going changes will be made with each person's fitness progress.

## Nutrition

Proper nutrition is more than eating. The right amounts of food, the serving size, the combination of nutrients in the food and when you eat it is just as important to good health.

Just interested in a nutritional analysis of your diet? Don't know what to eat or how much? We can help you clean up your diet and learn to make healthy and delicious choices.

### Nutritional Analysis: \$20

Analysis will provide you with feedback on your diet, how, why and when you eat, taking into consideration medical and lifestyle factors to help you meet your healthy eating goals.

**Nutritional Analysis can be combined with any Personal Training package for an additional fee of \$20 for single person packages or \$15 per person for group packages.**

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